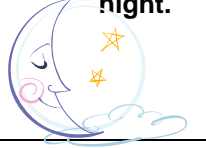
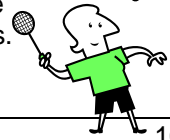












# To A Healthier You

June  
2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday <sup>1</sup>	Saturday <sup>2</sup>
			June 11-17 is <b>Men's Health Week</b> @ <a href="http://www.menshealthweek.org">www.menshealthweek.org</a>		Set your nutritional goals, <b>write down</b> your goals, and keep <b>track</b> of the food you eat.	<b>Don't eat late at night.</b> 
<sup>3</sup> <b>Play a action-packed game</b> of badminton . . serve from where the birdie drops. 	<sup>4</sup> <b>We need 15- 30 grams of dietary fiber daily</b> for a healthy digestive tract. Be sure to <b>EAT MORE fruits and veggies.</b>	<sup>5</sup> <b>Choose a variety of grains daily, especially whole grains.</b> 	<sup>6</sup> <b>Use fat free or low fat milk</b> over whole milk.	<sup>7</sup> Participate in a mixed-age martial arts class. 	<sup>8</sup> <b>Eat off smaller plates.</b>	<sup>9</sup> <b>Organize a family swim outing.</b> Be sure to swim with a buddy in supervised areas. Don't forget to <b>wear sunscreen.</b>
<sup>10</sup> <i>Take 5 minutes each day</i> and practice a relaxation technique or laugh out loud. <b>Laughter relaxes the body &amp; helps to feel less stressed.</b>	<sup>11</sup> <b>Drink water</b> before a meal. 	<sup>12</sup> Lower the fat in your homemade baked goods. <b>Try using equal amounts of applesauce for fat or oil in a recipe.</b>	<sup>13</sup> <b>Take a 15-minute activity break every hour</b> you read or watch TV or do computer work. 	<sup>14</sup> <b>Cut high-calorie foods</b> like cheese and chocolate into smaller pieces and only eat a few pieces.	<sup>15</sup> <b>Skip seconds.</b>	<sup>16</sup> Visit produce farms and markets <b>where you can pick fresh strawberries or buy locally grown.</b> 
<sup>17</sup> <b>Admit You're Happy Month!</b> If you're happy try skipping, jumping, or dancing for added physical activity. 	<sup>18</sup> <b>Share an entrée with a friend.</b> 	<sup>19</sup> <b>Grill, steam or bake</b> instead of frying.	<sup>20</sup> UV sun rays can damage your eyes and hurt your vision.  <b>Wear sunglasses that absorb both UV-A &amp; UV-B rays.</b>	<sup>21</sup> <b>Practice on inline skates</b> (with knee, wrist and elbow pads and helmets ). <b>Go further and get faster each day.</b>	<sup>22</sup> <i>Are you taking 30?</i> That is 30 minutes daily to get moving and get active? <b>Walk during your lunch, take a bike ride or play tag with kids.</b>	<sup>23</sup> <b>Eat half your dessert.</b>
<sup>24</sup> <b>Build stilts and walk on them to create laughter &amp; exercise.</b> <i>Remember safety with non-slip pads.</i>	<sup>25</sup> <b>Wear proper safety goggles</b> to avoid sport injuries 	<sup>26</sup> Grocery shopping doesn't have to be a chore. <b>Walk</b> in laps starting with the outermost lanes and walk your way towards the middle of the store.	<sup>27</sup> <b>Use nonfat or low-fat</b> sour cream, mayo, sauces, dressings, and other condiments.	<sup>28</sup> <b>Make a physical activity date with a friend!</b> <i>Do something that you enjoy together,</i> like playing tennis or taking brisk walk. 	<sup>29</sup> <b>Skip buffets.</b>	<sup>30</sup> While running errands, <b>skip the drive-thru</b> at the bank, dry cleaners, and gourmet coffee shop. 